Comprehensive Cookery

Lola M. Heffernan

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Comprehensive Cookery

Vice Principal
Marymount Comprehensive School
Sallynoggin

Longman Browne and Nolan Limited
The aim of this book is to provide a comprehensive course covering the cookery section of the Home Economics syllabus prescribed for the Junior and Senior cycles of post-primary schools.

Because cooking is both an art and a science, I have tried to balance the content of the course in such a way that as much basic instruction as possible is given while including information and suggestions which will stimulate students and encourage them to take an enterprising interest in the subject. The ability to cook efficiently and well is a considerable accomplishment, the value of which is becoming increasingly significant not only for students who will eventually become home-makers, but as a necessity for those who wish to enter the catering or food industries or many of the social and welfare services.

All cooking processes are based on the application of scientific principles to ingredients which have been carefully chosen and apportioned. Once the basic rules are understood, any number of variations may be introduced to give scope for originality. In this book I have given the basic methods. It is important to analyse and practise these first and, when they have been thoroughly grasped, then to try out other recipes. Comparison and evaluation of the results will readily indicate the suitability of the various methods to differing circumstances and occasions.

Other aspects, too, are important. The student must learn to select ingredients and know how to store or preserve them. Kitchen equipment must be explained and its management understood. For the provision of a well-balanced diet, a knowledge of the fundamentals of nutrition is essential. Consumer education, food hygiene, and the development and use of convenience foods are other important topics. In preparing what I hope teachers will find a comprehensive textbook, these and many other aspects of the subject have been dealt with as thoroughly as I consider suitable at this level.

It is not intended that the student should follow the particular sequence of chapters in which the subject matter is presented. The teacher should choose sections appropriate to the age of the class, devising a programme which suits the attainment and interests of the students. Although Comprehensive Cookery is primarily intended as a textbook for schools, it is hoped that it will prove useful to housewives and home-makers, not least to those following adult education courses.

This is the second of three books designed for post-primary schools. Needlework and Dressmaking was published a few years ago. A third book, Home and Family Living, will be published to complete the coverage of the Home Economics course.

LOLA M. HEFFERNAN
July 1970
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Layout; essential furniture; ventilation; light; wall and floor coverings; curtains and towels; waste bins
Electric cookers; gas cookers; bottled gas cookers; automatic cookers; solid fuel and oil-fired cookers; microwave ovens; cooker management; refrigerators; deep freezers
Equipment for preparing food; equipment for cooking food; minor electrical appliances
Constituents of food; proteins; carbohydrates; sugars; fats; minerals; water; enzymes; vitamins; measurement of food values; balanced diet; main food types
Milk; butter; cream; yoghurt; cheese; food value and types of cheese; eggs; the composition, storage and preservation of eggs; culinary uses
Value; planning; judgment; accounts and records; storage of foods; the larder and storage presses; guidelines for storing foods
Moulds; yeasts; bacteria; houseflies; water; basic rules of hygiene; care of refuse bins and drains
Boiling; stewing; steaming; roasting; pot roasting; spit roasting; braising; baking; frying; grilling; cooking en papillote; pressure cooking
Courses; guidelines for menu planning; serving meals; setting the table; buffet meals; packed lunches; picnics
Hors d'oeuvre; pâté
Clear soups; broths; purées; thickened soups; cream soups; stock; canned and packet soups; characteristics of good soup; garnishes and accompaniments served with soup; recipes
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Flat white fish; round white fish; oily fish; shellfish; choice and cleaning of fish; preparation; methods of cooking; fish accompaniments

Grilled fish; fried fish; baked fish; steamed fish; poached fish; stewed fish

Choosing meat; cooking of meat; re-heating meat; flavour and presentation

Cuts of beef; beef recipes; cuts of veal; veal recipes

Cuts of mutton; mutton recipes; cuts of lamb; lamb recipes

Cuts of pork; pork recipes; bacon and ham; cuts of bacon; ham recipes; bacon recipes

Chickens; turkeys; ducks; geese; plucking; drawing; trussing; disjointing; recipes

Sauce consistencies; characteristics of a good sauce; basic ingredients; thickenings; sauce recipes—roux method, blending method; jam and syrup sauces; egg sauces; gravies; hard sauces; flavoured butters; cold sauces; sauce mixes; stuffings and forcemeat.

Grouping vegetables; choice and food value of vegetables; methods of cooking; vegetable recipes; fruit; salads; food value of vegetables and fruit; salad recipes

Types of hot desserts; milk pudding recipes; custard and custard-type puddings; steamed suet puddings; stewed and baked fruit; cake mixtures; hot soufflés

Fruit desserts; cereal desserts; gelatine cookery, jellies and carrageen; cold soufflés

Raising agents; ingredients; recipes; yeast recipes; rich yeast mixtures

Basic principles; pastry decorations; pastry flan; savoury pastry recipes; savoury flans; hot water crust pastry; sweet pastry recipes; suet pastry
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Thin batters; coating batters

Batter method; sponge method; sponge flan; meringues; creaming method; one-stage cakes

Basic butter cream; glace icing; chocolate icing; almond icing; royal icing; American icing; apricot glaze: decoration of cakes; water icing

Egg recipes; omelette cookery and recipes; cheese recipes; soufflés; deep fat frying; recipes using bread; pasta; savoury rice; breakfast cereals; beverages

Serving of food; recipes

Jam and jelly-making; jam recipes; jelly and marmalade recipes; bottling; pickling; pickle recipes; chutney-making

Curing; accelerated freeze drying; freezing; quick frozen foods; home freezing; packing materials; freezing procedures; convenience foods; food additives.

Notes on carving